

34th annual scientific conference

Menopause: achieving an equilibrium

Chesford Grange, Kenilworth – Thursday 26 and Friday 27 June 2025



The specialist authority
for menopause & post
reproductive health

Day 1 – Thursday 26 June

Time	Session	Chair/Speaker
0800	REGISTRATION & REFRESHMENTS	
0850	WELCOME & INTRODUCTION	Dr Katie Barber <i>Joint Chair, Programme planning group; Clinical Lead Community Gynaecology, Oxfordshire; Founder and Clinical Director, Oxford Menopause Ltd; Member – British Menopause Society medical advisory council</i> Professor Nick Panay <i>Joint Chair, Programme planning group; Consultant Gynaecologist, Subspecialist in Reproductive Medicine, Imperial College Healthcare NHS Trust, London; Professor of Practice, Imperial College London; Past President – International Menopause Society; Member – British Menopause Society medical advisory council</i>
0905–0925	SESSION 1 – HOT OFF THE PRESS	Professor Janice Rymer <i>Professor of Obstetrics & Gynaecology, King's College School of Medicine, London; Consultant Gynaecologist, Guy's and St Thomas's NHS Foundation, London; Chair and Trustee – British Menopause Society</i>
0925–1035	SESSION 2 – BONE HEALTH	Co-chair: Professor Annice Mukherjee <i>Consultant Physician and Endocrinologist, Salford Royal NHS Foundation Trust; Member – British Menopause Society medical advisory council</i> Co-chair: Dr Kate Panter <i>Consultant Gynaecologist; Member – British Menopause Society medical advisory council</i>
0925–0955	Bone health and menopause – Identifying & Assessing Women with Low Bone Density	Speaker: Professor Alex Comninou <i>Consultant Endocrinologist, Imperial College Healthcare NHS Trust & Imperial College, London</i>
0955–1025	Osteoporosis: Current Therapeutic Options – Where are we now?	Speaker: Professor David Reid <i>Consultant Rheumatologist and Osteoporosis Specialist, 25 Harley Street, London Bridge Hospital; King Edward VII's & BMI Albyn Hospital, Aberdeen</i>
1025–1035	Q&A	
1035–1105	REFRESHMENTS, POSTERS & EXHIBITION	
1105–1150	SESSION 3 – THE BMS ANNUAL LECTURE: Management of Perimenopausal Depression	Co-chair: Professor Mary Ann Lumsden <i>Honorary Professor of Medical Education and Gynaecology, University of Glasgow; Member – British Menopause Society medical advisory council</i> Co-chair: Professor Janice Rymer Speaker: Dr Claudio Soares <i>Professor, Department of Psychiatry, Queen's University School of Medicine, Kingston, Ontario, Canada; Clinical Lead, Mental Health & Addictions, Ontario Health East; Director, Centre for Psychedelics Health & Research, Queen's University and Providence Care Hospital; President, the Menopause Society</i>
1150–1300	SESSION 4 – MENOPAUSE AND THE PELVIS	Co-chair: Mr Tim Hillard <i>Consultant Gynaecologist, University Hospitals Dorset, Poole; Trustee – British Menopause Society</i> Co-chair: Dr Kristyn Manley <i>Consultant Gynaecologist, University Hospitals Bristol NHS Foundation Trust; Member – British Menopause Society medical advisory council</i>

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1150–1220	Genitourinary syndrome of the menopause	Speaker: Dr Inge Kreuser-Genis <i>Consultant Dermatologist, Oxford University Hospitals Foundation Trust, Oxford</i>
1220–1250	Vulval symptoms – are they always due to vulvovaginal atrophy?	Speaker: Miss Elaine Palmer <i>Specialist Consultant Gynaecologist, Chelsea and Westminster Hospital NHS Trust, London</i>
1250–1300	Q&A	
1300–1400	STANDING FORK BUFFET LUNCH, POSTERS & EXHIBITION	
1400–1540	SESSION 5 – TOPICS YOU ASKED FOR	Co-chair: Kathy Abernethy <i>Menopause Specialist Nurse; Director, the menopause course; Trustee – British Menopause Society</i> Co-chair: Dr Zoe Schaedel <i>GP, Brighton and Hove NHS Community Menopause Clinic; Member – British Menopause Society medical advisory council</i>
1400–1430	Women's cardiovascular health – a neglected area	Speaker: Dr Susan Connelly <i>Consultant Cardiologist, Galway University Hospital and Galway City Hub, Ireland</i>
1430–1500	Premature Ovarian Insufficiency – updated guidelines	Speaker: Professor Nick Panay
1500–1530	The menopause in the media: From fact to fiction	Speaker: Mr Simon Brown <i>Medical Writer, UK</i>
1530–1540	Q&A	
1540–1610	REFRESHMENTS, POSTERS & EXHIBITION	
1610–1710	SESSION 6 – FREE COMMUNICATIONS	Co-chair: Dr Katie Barber Co-chair: Professor Nick Panay
1710–1805	SESSION 7 – DEBATE Testosterone: This house believes that all women should have a 'formal' psychosexual assessment before testosterone supplementation is considered	Co-chair: Dr Heather Currie MBE <i>Consultant Gynaecologist, Dumfries & Galloway Royal Infirmary; Trustee – British Menopause Society</i> Co-chair: Dr Clare Spencer <i>GP Partner, The Meanwood Group Practice, Leeds; Co-founder and clinical director My Menopause Centre; Member – British Menopause Society medical advisory council</i> For: Dr Angela Sharma <i>GP partner, Pembroke Villas Surgery, London; Clinical Sexologist; Co-founder and Director, Spiced Pear Health; Trustee and medical advisory board member, Menstrual Health Project; Member – British Menopause Society medical advisory council</i> Against: Dr Katie Barber
1815–1845	AGM	
1945	DRINKS RECEPTION	
2015	CONFERENCE DINNER	

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Day 2 – Friday 27 June

Time	Session	Chair/Speaker
0815	REGISTRATION & REFRESHMENTS	
0900–1010	SESSION 8 – LIFE AFTER CANCER	Co-chair: Professor Melanie Davies <i>Consultant Gynaecologist, University College London Hospitals, Professor of Reproductive Medicine, University College London; Member – British Menopause Society medical advisory council</i> Co-chair: Dr Olivia Hum <i>GP, Foundry Healthcare Lewes, Myla Health; Member – British Menopause Society medical advisory council</i>
0900–0930	Enhancing quality of life after cancer	Speaker: Dr Claudio Soares
0930–1000	Therapeutic options for women who have had cancer	Speaker: Dr Alexandra Taylor <i>Consultant in Clinical Oncology, The Royal Marsden Hospital, London</i>
1000–1010	Q&A	
1010–1120	SESSION 9 – NUTRITION, METABOLISM AND MENOPAUSE	Co-chair: Mr Haitham Hamoda <i>Consultant Gynaecologist, Subspecialist in Reproductive Medicine and Surgery, King's College Hospital, London; Trustee – British Menopause Society</i> Co-chair: Sara Moger <i>Chief Executive, British Menopause Society</i>
1010–1040	Diet, lifestyle and the menopause transition	Speaker: Dr George Pounis <i>Postdoctoral Researcher, King's College, London</i>
1040–1110	The intersection between diet, metabolic health and menopause: is there scope for a personalised approach?	Speaker: Professor Sarah Berry <i>Professor in Nutritional Sciences, King's College London; Chief Scientist, ZOE Ltd</i>
1110–1120	Q&A	
1120–1150	REFRESHMENTS, POSTERS & EXHIBITION	
1150–1300	SESSION 10 – NEURODIVERSITY IN MENOPAUSE AND BEYOND	Co-chair: Dr Claire Phipps <i>GP; Member – British Menopause Society medical advisory council</i> Co-chair: Mr Paul Simpson <i>Consultant Obstetrician & Gynaecologist, Norfolk & Norwich University Hospitals NHS Foundation Trust; Member – British Menopause Society medical advisory council</i>
1150–1220	Autism and the menopause	Speaker: Dr Gavin R Stewart <i>British Academy Postdoctoral Research Fellow, King's College, London</i> Speaker: Professor Rebecca A Charlton <i>Fulbright Visiting Scholar, Professor of Psychology, Department of Psychology, Goldsmiths University of London</i>
1220–1250	ADHD during the perimenopause and menopause	Speaker: Dr Jessica Agnew-Blais <i>Senior Lecturer in Psychology, Queen Mary University, London</i>
1250–1300	Q&A	
1300–1400	STANDING FORK BUFFET LUNCH, POSTERS & EXHIBITION	

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1400–1445	SESSION 11 – THE PAT PATTERSON MEMORIAL LECTURE: Stronger Through Menopause: Exercise and Nutrition Solutions in the Era of Incretin-based Weight Loss Therapy	Co-chair: Dr Juliet Balfour <i>GP, Somerset NHS Menopause Service; Member – British Menopause Society medical advisory council</i> Co-chair: Dr Paula Briggs <i>Consultant in Sexual and Reproductive Health, Liverpool Women's NHS Foundation Trust; Immediate Past Chair and Trustee – British Menopause Society</i> Speaker: Professor Robin Daly <i>Professor of Exercise and Ageing, Institute for Physical Activity and Nutrition, Deakin University, Melbourne, Australia</i>
1445–1455	FREE COMMUNICATIONS AND POSTERS PRIZE GIVING	
1455–1520	REFRESHMENTS, POSTERS & EXHIBITION	
1520–1620	SESSION 12 – CLARITY AFTER CONTROVERSY – A PANEL DISCUSSION	Co-chair: Dr Katie Barber Co-chair: Professor Nick Panay Panelist: Kathy Abernethy Panelist: Dr Juliet Balfour Panelist: Mr Haitham Hamoda Panelist: Dr Kristyn Manley
1620–1630	KEY MESSAGES & CLOSE	Dr Katie Barber Professor Nick Panay

This conference is financially supported in part by the pharmaceutical industry through the exhibition but it has no influence over the programme, content or selection of speakers.

Programme planning group

Dr Katie Barber – Joint chair	Professor Nick Panay – Joint chair
Dr Juliet Balfour	Professor Mary Ann Lumsden
Dr Sara Proudfoot	Professor Janice Rymer
Dr Angela Sharma	Sara Moger
Barbara Halstead	Sarah Haveron Jones

The BMS reserves the right to change sessions and speakers.